

# Practicing parkour

Before starting, warm up by jogging, skipping, jumping jacks, mountain climbers, squats, ... to raise the temperature.

## 1. Drag the names to their pictures.



Squat



Mountain climbers



Jogging



Skipping



Jumping jacks

**2. After warming up, stretch your muscles. (Hold each stretch for at least 20 seconds).**



### 3. Read the safety measures and match the audios with the right message.



**Don't risk too much**



**Take time to progress**



**Know your possibilities**



**Train to get better**



**Don't put others in danger**

#### 4. Choose the right action.

He is \_\_\_\_\_ over the floor.



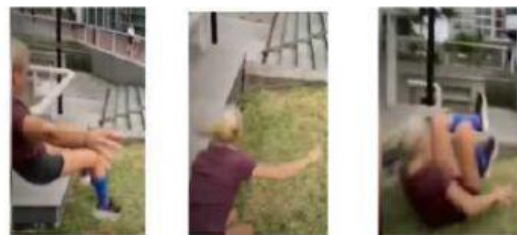
He tries to \_\_\_\_\_ over the plinth.



He is \_\_\_\_\_ the wall.



She is \_\_\_\_\_ on the ground.



**5.What are the benefits you can get from practicing parkour? Decide if it's true or false.**

☐

You can get more **agile**.

☐

You can improve your **reading skills**.

☐

Your **strength** increases.

☐

You become capable of **overcoming many obstacles**.

☐

You improve your ability to **defend rivals**.

